



RECREATION THERAPY SERVICES FACT SHEET

Recreation Therapy Service is a direct-care service with a mission to improve and enrich bio-psycho-social functioning through active therapy, and/or meaningful therapeutic activities to maintain or improve functional independence and life quality. The intended outcome of the service is independence in life activities based upon the Veteran's needs and goals.

Recreational therapy means a treatment service designed to restore, remediate and/or rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness, as well as reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition (ATRA July 2009).

RECREATION THERAPY MISSION

The mission is accomplished through the professional skills of therapists, specialists and assistants through a four-step process: assessment, planning, intervention/activity implementation, and evaluation of services delivered.

State of the art clinical care, education, technology and research are provided within the scope of recreation and creative arts therapy services. While providing an activity based patient-centered service that integrates function, quality and meaning to one's life.

social and leisure development so that the Veteran may participate fully and independently in chosen life pursuits.

The unique feature of recreational therapy that makes it different from other therapies is the use of recreational modalities in the designed intervention strategies. Many of the treatment goals that a recreational therapist may work towards are similar to those of other disciplines on the rehabilitation team. The way in which a recreational therapist achieves those goals is what distinguishes this unique service.

Incorporating the Veteran's interests, family, and/or community makes the therapy process meaningful and relevant.

regarding the social, cognitive, physical and leisure needs of the Veteran.



(Photo courtesy of Paul Meager/Sky Dive City)

Recreational therapists weave the concept of healthy living into treatment to improve functioning, and enhance independence and successful involvement in all aspects of life.

RECREATION THERAPY PHILOSOPHY

Recreational therapy embraces a definition of "health" that includes not only the absence of "illness", but extends to enhancement of physical, cognitive, emotional,

THERAPEUTIC INTERVENTIONS

Recreational therapy is individualized to each person, their past, present and future interests and lifestyle. The recreational therapist has a unique perspective

For more information, contact Director, Recreation Therapy Service (101/10P4RD) 202-461-7354





RESEARCH

Current research indicates a significant number of positive health outcomes resulting from participation in recreational therapy programs. Evidence based outcomes are critical to the viability of Recreational Therapy as a health care provider, and the specific health outcomes that are a result of Recreational Therapy.

CARE STANDARDS

Recreational therapists are standard treatment team members in rehabilitation services.

Recreational therapy is listed as a rehabilitation therapy service in the Joint Commission standards.

In addition, recreational therapists are designated as treatment team members (based upon need) in the acute brain injury, the post-acute brain injury, and the inpatient rehabilitation standards of the Commission on Accreditation of Rehabilitation Facilities.

The Centers for Medicare and Medicaid Services includes recreational therapy in the mix of treatment and rehabilitation services used to determine federal compliance in skilled nursing, rehabilitation (physical and psychiatric), and long-term care facilities.

Therapeutic Recreation is specifically indicated as a Related Service under the Individuals with Disabilities Education Act.

NATIONAL EVENTS

Each year, VA sponsors six national events for U.S. military Veterans served by VA medical facilities nationwide. Each program enhances the physical, social and emotional well being of Veterans who participate. Veterans involved in these events and the hundreds of VA employees and volunteers who support them each year all share a strong sense of purpose and camaraderie.



(Photo courtesy of VA National Events)

Each national event increases awareness of the therapeutic value of recreation, sports or the creative arts. The events are co-sponsored by the Department of Veterans Affairs, Veterans Service Organizations, and civic groups.

MORE INFORMATION

Consumers, administrators, and health care providers are challenged to make informed choices regarding the wide array of treatment options and health care interventions that are available.

Selected intervention strategies address a wide array of health outcomes while also exhibiting some of our best practices.

- *American Therapeutic Recreation Association*
<http://www.atra-online.com/>
- *National Council for Therapeutic Recreation Certification*
<http://www.nctrc.org/>
- *Commission on Accreditation of Allied Health Education Programs*
<http://www.caahep.org/>

